
Acute Pain Service

Pain relief at home – a guide to your ‘pain killers’ and how to take them

When leaving hospital you may have been given more than one type of painkiller. This is because each type of painkiller works in a different way to help relieve your pain. The types of painkiller are:

- **Paracetamol**
- An **anti inflammatory**, for example: Diclofenac or ibuprofen
- A **Morphine** based painkiller, for example: Codeine, Tramadol and Meptazinol

It is safe to take the different types of painkiller together or at different times of the day.

The following section will help you choose which painkiller to take according to the severity of your pain.

Mild pain

Take your **paracetamol** regularly as described on the prescription label. Do not take more than eight tablets in 24 hours.

Moderate pain

Take your **paracetamol** regularly, and also your **anti inflammatory painkiller** as described on the prescription label. If you have not been prescribed an anti inflammatory painkiller, take your **morphine based** painkiller as described on the prescription label. You may find that you only need to take these **once** or **twice** during the day.

Severe pain

Take **all** your painkillers on a regular basis as described on the prescription labels. It may be of benefit to take your **paracetamol** and **morphine based** ones together and to take the **anti inflammatory** one two to three hours later.

The **morphine based** painkiller may cause constipation. If this happens, drink plenty of fluids and increase your intake of dietary fibre.

How long will I need to take my pain killers?

As healing occurs you will feel less pain. Once your pain is controlled and is **mild**, you should only be taking **paracetamol**, which can easily be stopped when you no longer need them. If your pain remains severe for more than a few days or is not relieved by your painkillers, you should contact your GP.

Never give your prescribed tablets to other people as they may not be safe for them to take. Any leftover painkillers should be taken to your local pharmacy for safe disposal.

Keep all medicines out of reach of children



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: patient.information@addenbrookes.nhs.uk

Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا patient.information@addenbrookes.nhs.uk

Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশান' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

Document history

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Contact number	01223 245151
Publish/Review date	July 2010/July 2013 (no changes made)
File name	Pain_Management_at_Home.doc
Version number/Ref	4/PIN129